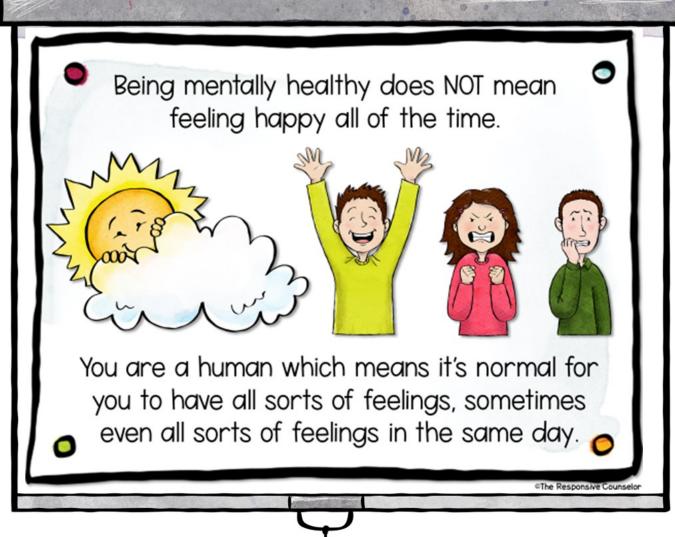
upper elementary lesson

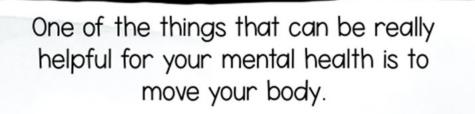


notes to the counselor

This lesson was created to help upper elementary students understand the basics of mental health and wellness, including things that help vs. hurt our mental health, and signs they need to ask for help.

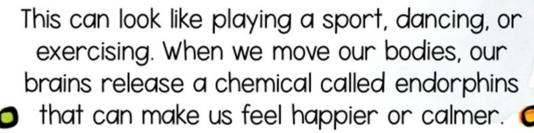
It does *not* explicitly teach about depression, anxiety, or other mental health disorders, nor is it about lessening mental health disorder stigmas.

The focus is providing students developmentally appropriate information to help them take good care of their own mental health. Being mentally healthy means feeling happy or calm most of the time, being able to focus okay most of the time, and feeling good about yourself and your choices.

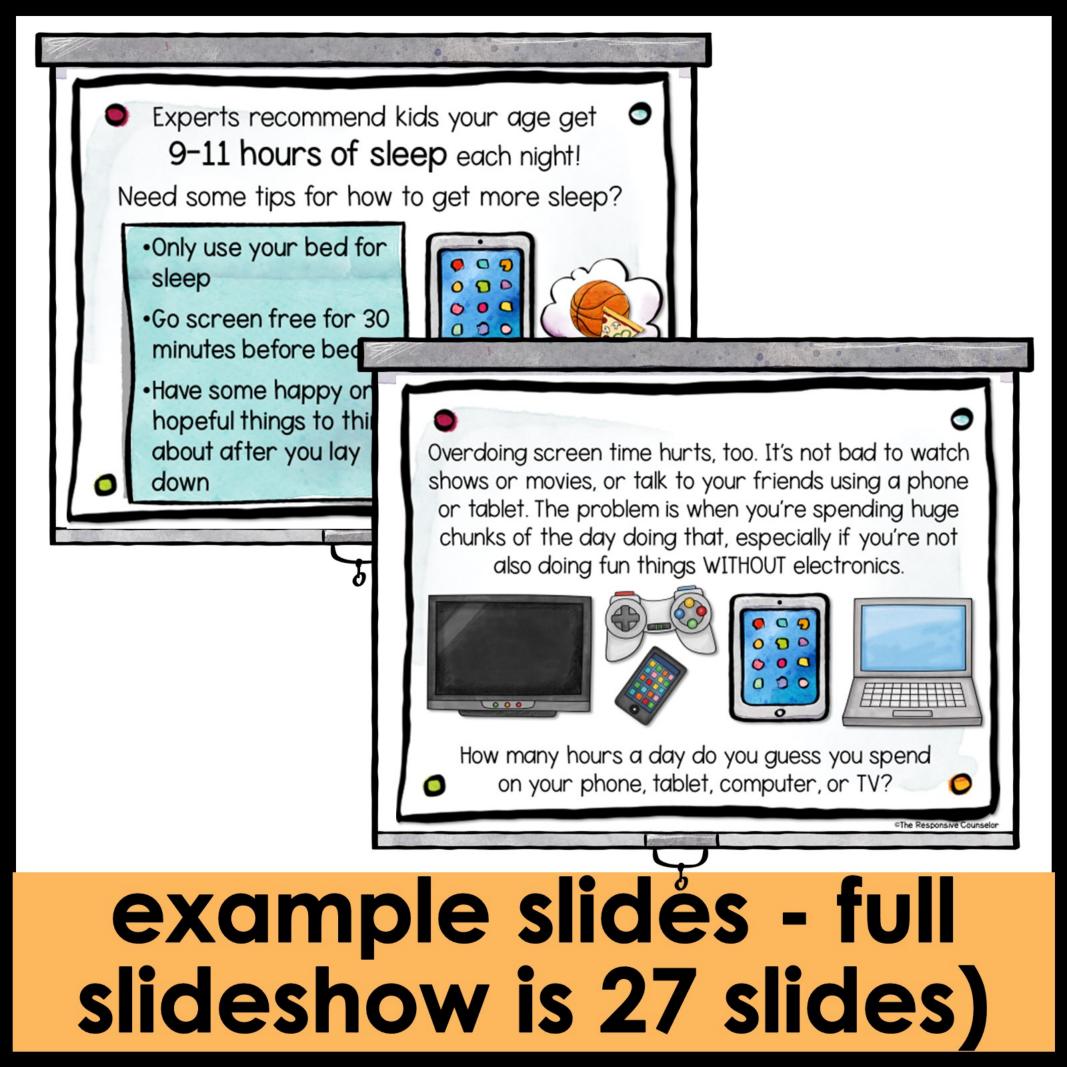


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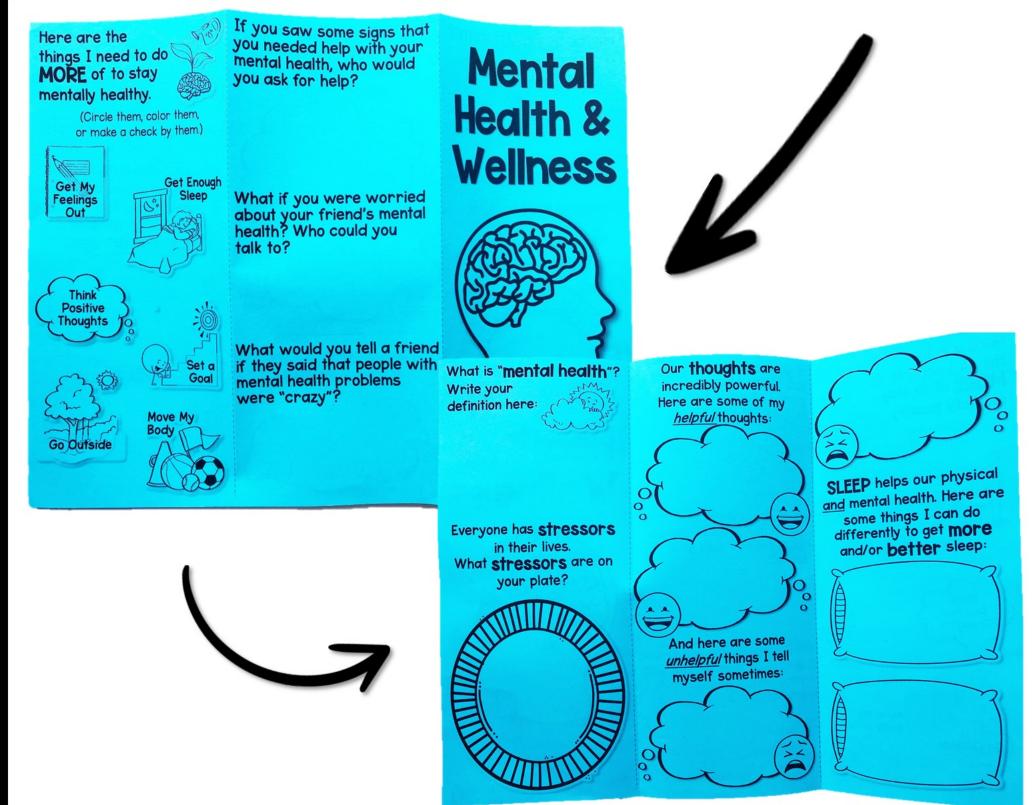




example slides - full slideshow is 27 slides)



trifold page for processing, reflecting, & planning



interactive slides to use digitally



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for all types of learners and populations.





B.A. from Michigan State University Psychology and Anthropology

M.S. from Vanderbilt University Community, Research, and Action

M.Ed. From Vanderbilt University Human Development Counseling: School Counseling & Mental Health

I'm a former school counselor from a C large southeastern school district with **U** a wonderfully diverse group of C students. I created and implemented a Q data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!

Let's Connect: (D) (F) (D) (D)